

Autumn 2010 Classes

Mixed Level Meditation Class

New Location! 581 W. 17th, upstairs!

Wednesdays 6:30-8:30 pm

Two 5-week sessions:

September 15-October 13 &

October 20-November 17

Shamatha (calm-abiding)

meditation & other practices.

All levels of experience welcome. \$100/
session or \$180/both (pd in advance)

Call Ker 541.349.0595 for info/registration
or check www.ClearHeartCounseling.com

Drop-In Shamatha Meditation Class at Just Breathe Studio

2868 Willamette Street, Eugene

Beginning September 16, 2010

Thursday mornings 9-10:15

Contact Just Breathe 541.343.3770

for scheduling/pricing or visit

www.justbreatheeverybody.com

Contact Ker with questions 541.349.0595

or ker@clearheartcounseling.com

Private Practice Boot Camps

Times and Dates TBA

email Ker with interest

or ker@clearheartcounseling.com

The Doorknob Gazette is available
at my office, by mail, and at:

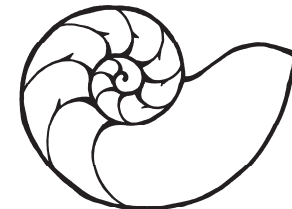
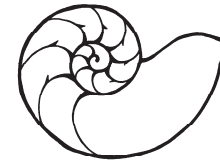
- Dr. Arthur Ticknor, DC Chiropractor
1245 Charnelton, Suite 7
- Dr. Virginia Oram, ND Naturopath
400 E. 2nd Ave, Suite 105
- Coleen Stevenson, LMT Bowen work
975 Willagillespie Rd., Ste 202B
- Pam Farmer, Dipl.Ac Acupuncturist
840 Lawrence Street
- Tamarack Wellness Center
3575 Donald Street
- Acupuncture For the People
2833 Willamette, Suite E
- Hazel Courtman, LMT
2691 McMillan Street

Back issues available to download at
www.ClearHeartCounseling.com

Address Correction Requested



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The Doorknob Gazette Autumn 2010

*The everyday practice is simply
to develop a complete acceptance
and openness to all situations and
emotions, and to all people,
experiencing everything totally
without mental reservations and
blockages, so that one never with-
draws or centralizes into oneself.*

-Dilgo Khyentse Rinpoche

Dear Ones,

Pardon me for not sending a newsletter out this summer. I was tired, and realized I was the only one pushing me to do it. So, I gave myself a break, and simply didn't do it.

I highly recommend giving yourself a break. What are you pressuring yourself to Accomplish Right Now that could wait, or be done by someone else, or dropped altogether? Let it go, and see what happens. And try to resist replacing it with another Thing That Must Be Done. Very few of those things must actually be done when and how and by whom we believe they must. It is helpful to challenge our assumptions and presumptions once in a while, to test for accuracy.

I thought everyone - or at least someone - would be disappointed if I didn't put out the summer Gazette as I have done for years. (Maybe you understand aversion to other people's disappointment? We take it so personally. We think it means we are bad or wrong.) Turns out, nobody noticed, or if they did, nobody said anything to me. One friend who carries my newsletter at her office mentioned that she had run out of the summer issue, or maybe never seen it. Oh.

It was a good lesson to me in the power I have to stress myself out, and the delusion I carry about other people's thoughts about what I do or don't "accomplish" with my time. I am trying now to keep in mind that ***we accomplish precisely what we practice***, no more, no less. If we want peace of mind, stressing out about it is NOT the path to take. That will only accomplish stress!

If we are tired, we must rest. Really rest. Not just think about it, or get one more thing done. We could sit or lie down, allowing the earth to support our bodies, allowing our minds to relax. Perhaps wrapped in a shawl or blanket. Perhaps holding a stone of some sort, for grounding in the body. Not even the effort of meditation. Just resting. Then we accomplish resting,

which is nearly a lost art...

I observe that I am revving up for Fall, with new classes to teach, new projects, moving my office, a newsletter to put out, and forgetting to rest again. How can we rest, when there is So Much To Do? How can we rest when we haven't Accomplished Enough Today? How can we rest - people are Depending On Us!!!

Okay, take a couple of breaths right here. Now. I'll wait for you. Feel the earth beneath you, holding you up, holding you close. Gravity will not let you down.

Everything important gets done eventually. The people who need you also need you to care well for yourself. Taking space here and there creates more space, not less, in our days.

When we move too fast, we lose our perspective, and we can't actually tell what is going on, what is important, what is priority. We might snap at others, or retreat into old habits of self-medicating with food or alcohol or substances that bring temporary relief but little clarity in the end.

In resting we might see what is Really Going On. We might not like it, or we might be pleasantly surprised, or we might just laugh.

In the grand scheme of things it is not so important to get a newsletter out. It is important to me, so I do it. But it is not (and very little is) worth compromising my well-being over. There, I am done writing! And it went more easily for my having rested along the way.



*Ker Cleary, M.A. is a counselor, meditation instructor, Bach Flower practitioner and channeler in private practice in Eugene, OR. Trained in Contemplative Psychotherapy, she helps people develop friendship with themselves. (541)349-0595
www.ClearHeartCounseling.com
May all beings benefit.*

The New Stuff

Moving! I am moving my office in mid-September, to 581 W. 17th (x Jefferson St.). A sweet new space in a quiet healing environment. I hope you enjoy it!

New Class! I will be teaching a new, **daytime drop-in meditation class at Just Breathe** (corner of 29th and Willamette). It will be ongoing, beginning September 16th, Thursdays from 9-10:15 a.m. A 4-punch Just Breathe card (\$36) applies to other classes, too. Call Just Breathe at 541.343.3770 or visit www.justbreatheeverybody.com

Bach Flower Case Studies Needed! Many of you have experienced the benefits of Bach Flower Remedies. I have used them for over 20 years, and am now working to become a Registered Bach Flower Practitioner.

I need three case studies to complete my training. If you know anyone who might be interested in being a case study, please have them contact me. I hope to complete my studies by the end of the year.

A case study must:

- Be new to me as a client
- Be willing to participate in a minimum of three face-to-face meetings, approximately three weeks apart.
- Agree to abide by the protocol (take the remedies as recommended for the suggested period of time, track and report back any changes). They will gain an understanding of the Bach flower system as well as the benefits of taking the remedies. More information upon request.

Bach flowers are an all-natural healing system developed by an English physician in the 1930s to address emotional and mental states of imbalance which obstruct healing and happiness. They are safe, effective and easy to use.

Bach flowers can be included in anyone's appointment at no extra charge.